

Alignment

(alignment = poise = relaxed but ready)

--perfect alignment is innate

--the alchemical fusion of posture, coordination, and balance.

--head up, eyes forward (on the horizon), back straight but not tense, shoulders square but loose

--as alignment improves, everything (brain, nervous system, muscles, joints) works better

--with alignment comes: assurance, light touch

Greatness grows from the cumulative effects of thousands of tiny actions.